



Beef Stew with Cuban Coffee Gravy

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup no-salt-added beef broth
- 1 tablespoon capers
- 0.5 cup chayote squashes shredded yellow
- 2 cups rice long-grain hot cooked
- 0.3 cup dates whole pitted chopped
- 0.3 cup cooking wine dry red
- 2 garlic cloves minced
- 0.3 teaspoon coarsely ground pepper black

- 1 cup mushrooms sliced
- 0.5 cup onion finely chopped
- 1 pound boned rump roast
- 0.3 teaspoon salt
- 1.5 cups strong coffee decoction brewed
- 1 cup taro diced peeled

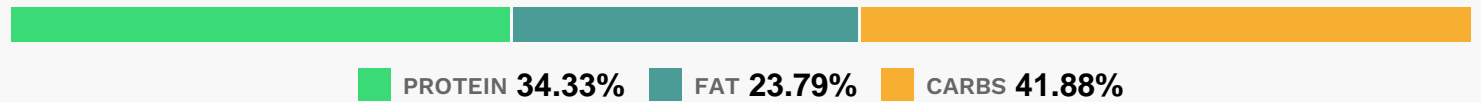
Equipment

- sauce pan

Directions

- Trim fat from beef, and cut into 1-inch cubes.
- Sprinkle with salt and pepper.
- Heat a large saucepan over medium-high heat.
- Add beef, and cook 5 minutes or until browned.
- Add coffee and next 4 ingredients (coffee through garlic), and bring to a boil. Cover, reduce heat, and simmer 45 minutes.
- Add taro, mushrooms, dates, and capers; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- Serve over rice; top with chayote.

Nutrition Facts



Properties

Glycemic Index:92.6, Glycemic Load:31.48, Inflammation Score:-5, Nutrition Score:22.66391268243%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin:

0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg

Nutrients (% of daily need)

Calories: 410.54kcal (20.53%), Fat: 10.32g (15.88%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 37.83g (13.76%), Sugar: 7.63g (8.48%), Cholesterol: 85.56mg (28.52%), Sodium: 616.46mg (26.8%), Alcohol: 2.1g (100%), Alcohol %: 0.62% (100%), Caffeine: 35.55mg (11.85%), Protein: 33.52g (67.04%), Selenium: 45.79µg (65.42%), Vitamin B6: 1.08mg (54.12%), Vitamin B3: 10.44mg (52.21%), Vitamin B12: 2.61µg (43.51%), Zinc: 6.24mg (41.63%), Phosphorus: 377.09mg (37.71%), Manganese: 0.64mg (32.16%), Potassium: 918.19mg (26.23%), Vitamin B2: 0.44mg (26.06%), Iron: 3.51mg (19.51%), Copper: 0.37mg (18.53%), Vitamin B5: 1.74mg (17.39%), Vitamin C: 13.67mg (16.57%), Magnesium: 64.18mg (16.05%), Vitamin B1: 0.21mg (14.23%), Fiber: 3.06g (12.23%), Folate: 39.75µg (9.94%), Vitamin E: 1.09mg (7.3%), Calcium: 60.34mg (6.03%), Vitamin K: 3.21µg (3.06%), Vitamin A: 52.91IU (1.06%)